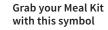


Easy Sesame-Crumbed Salmon with Pear Salad & Sweet Potato Fries











Panko Breadcrumbs





Salmon



Mixed Salad Leaves



Mayonnaise



Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
black sesame seeds	1 large packet	2 large packets
panko breadcrumbs	½ medium packet	1 medium packet
sesame oil blend	1 packet	2 packets
soy sauce*	3/4 tbs	1 ½ tbs
salmon	1 small packet	1 large packet
pear	1/2	1
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	709kJ (169Cal)
Protein (g)	36.1g	7.9g
Fat, total (g)	49.6g	10.9g
- saturated (g)	8g	1.8g
Carbohydrate (g)	42.9g	9.4g
- sugars (g)	15.6g	3.4g
Sodium (mg)	550mg	121mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into fries. Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Make the salad

- · While salmon is baking, thinly slice pear (see ingredients) into wedges.
- In a medium bowl, combine rice wine vinegar and some olive oil (1/2 tbs for 2 people / 1 tbs for 4 people). Season, then add mixed salad leaves and pear. Toss to coat.



Prep & bake the salmon

- Meanwhile, combine black sesame seeds, panko breadcrumbs (see ingredients) and sesame oil blend in a small bowl. Season with salt and pepper.
- Pat **salmon** dry with paper towel, then place, skin-side down, on a second lined oven tray. Drizzle over the **soy sauce**, then spoon over the **sesame crumb**, gently pressing down so it sticks.
- Bake until just cooked through and the crumb is slightly golden, 8-12 minutes.

TIP: Don't worry if some of the crumb falls off, you'll use it later!



Serve up

- Divide sesame-crumbed salmon, sweet potato fries and pear salad between plates. Spoon any extra crumb from tray over salmon.
- · Serve with mayonnaise.

Enjoy!